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Tuesday, August 14, 2018 [metro.us](http://metro.us) | t: MetroNewYork | f: MetroNYC

Forecasting the most interesting bets ahead of 2018 NFL season. 17

Boxers or briefs does matter when it comes to sperm count. 10-11

## THOMAS Q. JONES' NEW ROLE

The former Jets running back is now a Hollywood star thanks to 'Luke Cage.' 16

GETTY IMAGES

**SPEAK NOW OR FOREVER  
HOLD YOUR PEACE**

The MTA and DOT will host a town hall on Wednesday in Canarsie. 4

PHOTO ILLUSTRATION ISTOCK



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THINGS  
TO  
KNOW

NIKKI M. MASCAU, REPORTER

We're just about eight months away from the dreaded L train shutdown, and while service between Brooklyn and Manhattan will be suspended, the L will still run in eastern Brooklyn. To make sure "everybody's ready for 2019," officials are holding a town hall in Canarsie on Wednesday to update straphangers — and hear their questions and concerns. Find out more on page 4 or at [metro.us](http://metro.us).

WELCOME TO  
METRO.USFBI AGENT STRZOK WHO  
CRITICIZED TRUMP FIRED

**I** Peter Strzok, the FBI agent who came under fire from President Donald Trump and other Republicans for sending text messages that disparaged then-candidate Trump during the presidential campaign, was fired late Friday, his attorney said Monday. Strzok is the third high-ranking person to be fired from the Federal Bureau of Investigation during the Trump administration, including former Director James Comey. During his FBI career, Strzok rose to deputy assistant director, focusing on counterintelligence. After Justice Department internal

investigators found the texts, Strzok was reassigned from special counsel Robert Mueller's investigation into the Trump campaign. The firing came after a lengthy internal investigation. Strzok's attorney, Aitan Goelman, said in a statement that FBI Deputy Director David Bowdich decided to terminate his client. The decision, Goelman added, was at odds with a recommendation by the FBI's Office of Professional Responsibility, which had called for Strzok to face a 60-day suspension and demotion from his supervisory responsibilities.

PROSECUTORS REST CASE  
AGAINST MANAFORT

**2** U.S. prosecutors on Monday rested their case against former Trump campaign chairman Paul Manafort after 10 days of testimony alleging how he avoided taxes on at least \$16 million of income and lied to banks to maintain an extravagant lifestyle once his work for pro-Kremlin politicians in Ukraine dried up. More than two dozen witnesses painted a picture of Manafort, 69, as a lavish spender with little regard for the law. A political consultant in Ukraine, Manafort stashed his money in 31 undisclosed offshore bank accounts, and skirted

taxes on that income by wiring it directly to vendors to snap up real estate, bespoke suits, cars and antique rugs, the witnesses said. It is unclear whether Manafort's lawyers will call any witnesses, and legal experts say it is highly unlikely that Manafort himself will take the stand. Closing statements could take place as early as Tuesday, after which the 12-person jury will begin deliberations. If found guilty on all charges, Manafort could face eight to 10 years in prison based on federal sentencing guidelines, according to sentencing expert Justin Paperny.



## SPACEX INTRODUCES ITS ASTRONAUTS

**3** SpaceX President Gwynne Shotwell (L) introduces NASA astronauts Bob Behnken (2L), Doug Hurley (3L), Mike Hopkins (3R) and Victor Glover (2R), who were chosen for the Commercial Crew Program to fly on the SpaceX Crew Dragon, in front of the Crew Dragon capsule clean room at SpaceX headquarters in Hawthorne, California, on Monday. At right is SpaceX Senior Adviser for Human Spaceflight Garrett Reisman. The astronauts will be the first to fly on an American-made commercial spacecraft to and from the International Space Station. The first manned operation mission is scheduled for April 2019.

GETTY IMAGES

TRUMP SIGNS WATERED-  
DOWN DEFENSE BILL

**4** Donald Trump signed a \$716 billion defense policy bill on Monday that authorizes military spending and includes watered-down controls on U.S. government contracts with China's ZTE Corp. and Huawei Technologies Co. Trump signed the law at the U.S. Army's Fort Drum base in upstate New York on his way back to Washington after a 12-day working vacation at his golf club in New Jersey. The bill was named for one of Trump's political critics, the ailing U.S. Sen. John McCain of Arizona, but the president did

not mention McCain's name. McCain said in a statement he was "humbled" the bill was named after him, adding that it will address "a growing array of threats." Trump later referenced McCain at a political fundraiser in Utica, New York, knocking him — as Trump does repeatedly — for voting against a bill to repeal parts of President Barack Obama's signature healthcare reform law last year. Even though Trump said the bill "is the most significant investment in our military and our war-fighters in modern history."

LA LIGA MAKES LANDMARK  
DEAL WITH FB IN INDIA

**5** Spain's top-flight soccer division La Liga announced on Tuesday a landmark deal with Facebook that will allow viewers on the Indian subcontinent to watch every game over the next three seasons free of charge on the social network. A statement from La Liga said all 380 league matches for the new season, which begins Friday, would be available to viewers in India, Afghanistan, Bangladesh, Bhutan, Nepal, Maldives, Sri Lanka and Pakistan. "We are really happy to be on a free-to-air service in such an important territory as the Indian subcontinent."

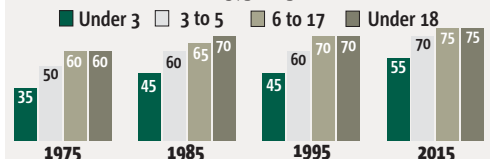
Alfredo Bermejo, La Liga's head of digital strategy, told Reuters ahead of the announcement. "One of our goals for the last two years has been to offer content to the widest audience possible, so partnering with free platforms like Facebook, which has 270 million users in India, is key to us." Facebook and La Liga declined to give the price of the deal, which sees the social-networking giant unseat Sony Pictures Network as the rights holder in the region. Sony paid a reported \$32 million for the right to broadcast La Liga between 2014 and 2018.

## STATS

DEPARTMENT OF LABOR

## WORKING MOMS

Overview of decades of statistics on working mothers in the United States

Mothers with children under 18  
31 millionPercent of mothers in the workforce by age of children  
1975-2015



# Painful Varicose Veins and Swollen Legs?

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## NEWS

# Ask your L train shutdown Q's this week in Canarsie

"We want to use this town hall to answer any questions or concerns people have and make sure everybody's ready for 2019."



NIKKI M. MASCALI  
nikki.mascali@metro.us

The MTA and the city's Department of Transportation will host a town hall meeting Wednesday in Canarsie to update straphangers on next year's L train shutdown.

The meeting will take place at 7 p.m. at Canarsie Ascend Charter School at 9719 Flatlands Ave., and NYC Transit President Andy Byford and senior DOT officials will attend, as will local elected officials, including Rep. Ha-keem Jeffries.



The MTA and the city's Department of Transportation will host a town hall meeting Wednesday in Canarsie to update straphangers on next year's L train shutdown. FILE PHOTO

"Contrary to what some may have heard, L train service will definitely continue next year in eastern Brooklyn," DOT Commissioner Polly Trottenberg said. "Nevertheless, with the tunnel from Williamsburg to Manhattan closed, L riders in East

York and Canarsie will definitely see their service affected next spring. That is why we are so grateful to Congressman Jeffries for the opportunity to join a town hall and discuss the array of transit options — from new free subway transfers to alternative bus

**"With the tunnel from Williamsburg to Manhattan closed, L riders in East New York and Canarsie will definitely see their service affected next spring."**

DOT Commissioner Polly Trottenberg

lines — that his constituents will need to know about."

Wednesday's town hall will feature progress updates on the L train shutdown, including information about the weekend shutdowns that began this past weekend to upgrade track and signals "to help ensure the L line is as reliable as possible during the tunnel reconstruction project," the agencies said.

Officials will also share information about transit options that will be avail-

able during the L train shutdown, which include additional cars on C trains for connections at Broadway Junction; more M train service at Myrtle-Wyckoff Avenue; increased G train service and additional cars at Lorimer Street; and free out-of-system MetroCard transfers between the L train at Livonia Avenue and the 3 train at Junius Street.

The 15-month L train shutdown is slated to begin in April 2019 when the century-old Canarsie Tun-

nel undergoes a complete reconstruction to repair damage from Superstorm Sandy in 2012. The L train will only run in Brooklyn between Bedford Avenue and Canarsie-Rockaway Parkway.

"The L Train Reconstruction Project represents the most massive undertaking I've ever been a part of in my career in transportation, but it's also spurred some of the most innovative and collaborative work I've ever been a part of," Byford said. "The L train will run throughout Brooklyn during the period in which the tunnel is closed, and there will be a variety of transportation options for residents in this area to travel to and from Manhattan. We want to use this town hall to answer any questions or concerns people have and make sure everybody's ready for 2019."

## Now the weekend begins.

DOF or Highball (Set of 4)- \$60  
Ice Bucket- \$130

When you get home, relax with the new CITY barware collection from Orrefors.

The CITY collection consists of crystal glass barware and stainless steel accessories that embodies modern Scandinavian design.

Inspired by city lights, the cuts on the surface create a bold and masculine, yet elegant and refined feeling.

## Orrefors



CITY barware collection can be found at Bloomingdales, other fine retailers and Orrefors.us



# Doctors Urge Knee Pain Sufferers

## “Don’t Get ANY Surgery Until You See This...”

*After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed*

**NEW YORK CITY** - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

**Here is why:** Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

**That’s the bad news.**

**Now for some good news...**

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

### **The Treatment Formula**

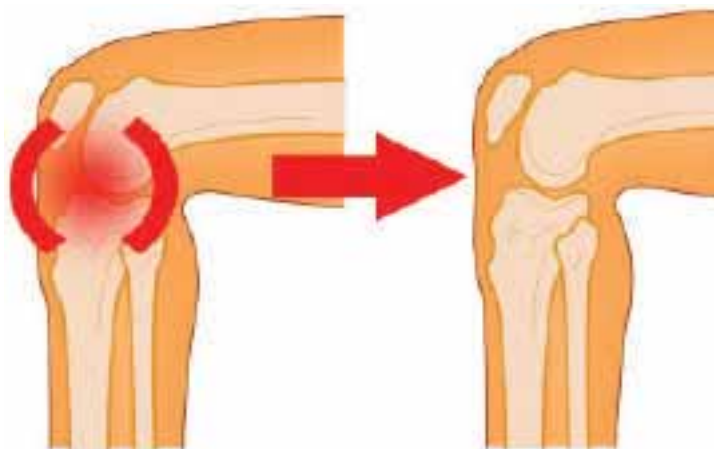
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated ) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



*NYC Pain MD* “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

*NYC Pain MD* has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

**The second thing you must know is...** our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

### **Here’s What You Should Do Next**

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

**The best thing is...** you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



**www.PainMDNY.com**  
**877-296-6310**

## Downtown Alliance takes on ticket touters near Statue of Liberty

The organization's free Downtown Connection bus will skip five stops through Labor Day.



NIKKI M. MASCALI  
nikki.mascali@metro.us

Ticket touters, those individuals who try to entice you to purchase tickets to the landmark they're usually lingering near, are an everyday sight in New York City. But while you can usually, in typical New Yorker fashion, just sidestep them to go about your way, many people do fall prey to those who often hawk fake passes.

To stop the scamming — and the aggressive

practices of ticket touters for Statue of Liberty visits — Downtown Alliance on Thursday took matters into its own hands. The organization suspended five of the 36 stops on its free Downtown Connection bus, which connects South Street Seaport to Battery Park City.

"This has been a problem for a few years, a building problem, but one that hit a crescendo this summer," Downtown Alliance President Jessica Lappin told Metro. "Our bus is a way to help people get around the neighborhood, primarily for people who live and work there, but tourists often use it, too."

Issues near the Statue of Liberty include the



ticket touters fighting over turf and getting aggressive with tourists in the area. More-serious offenses include the individuals selling unsuspecting tourists tickets to the Statue of Liberty on a boat that leaves from New Jersey, Lappin explained. She added that touters also often try to

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To stop scams and aggressive practices of Statue of Liberty ticket touters, Downtown Alliance suspended five stops on its free Downtown Connection bus. **ISTOCK**

halt, board or get people onto Downtown Connection buses.

To fend off pushy ticket touters, Battery Park City-bound Downtown Connection buses will not stop at State Street/Bridge Street, Battery Place/Washing-

ton Street or Battery Place/West Street. South Street Seaport-bound buses will skip Battery Place/West Street and Battery Place/Greenwich Street.

"This will be in effect through Labor Day, then we'll reassess," Lappin

**"This has been a problem for a few years, a building problem, but one that hit a crescendo this summer."**

Jessica Lappin,  
Downtown Alliance  
president

said.

While it is too early to see what effect the suspension will have on the behavior of ticket touters, there haven't been any major complaints from Downtown Connection riders.

While Lappin praised the enforcement of the NYPD's 1st Precinct on Lower Manhattan ticket touters, she said "third-party sellers should be banned, and that requires legislation."



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Brooklyn will introduce the first Dine in Park Slope on Aug. 20 with more than 35 restaurants, bars and food businesses. ISTOCK

## With Dine in Park Slope, Brooklyn creates own NYC Restaurant Week

To counter just 10 participants in NYC Restaurant Week, Brooklyn will introduce the first Dine in Park Slope on Aug. 20.



NIKKI M. MASCALI  
nikki.mascali@metro.us

NYC Restaurant Week, which wraps up Friday, is one of the most wonderful times of the year in New York City — specifically in Manhattan as the bulk of the nearly 400 participating restaurants are in that borough alone.

To counter the fact that Brooklyn has just 10 establishments participating in the summer edition of NYC Restaurant Week, one neighborhood has decided to take matters into its own hands and launch a foodie event of its own.

The first Dine in Park Slope will take place Aug. 20 through Aug. 30 and will feature more than 35 local restaurants, bars and food businesses offering specials, prix fixe menus, free dishes and more.

Cuisines and restaurants represented include Turkish, Mediterranean, American, British, Italian, Latin, Caribbean, cafés, juice bars and more. Participating establishments include Ovenly, which is offering 25 percent off purchases of \$10 or more; Da Nonna Rosa, which will give a 15 percent discount to patrons who mention Dine in Park Slope; and Logan's Run, which will have drink specials.

The event is a partnership between the Park Slope Fifth Avenue Business Improvement District, North Flatbush BID and the Park Slope Chamber of Commerce.

"Dine in Park Slope

**"Dine in Park Slope was born out of the desire by the community to work together to help our small businesses."**

Mark Caserta,  
executive director of  
the Park Slope  
Fifth Avenue BID

was born out of the desire by the community to work together to help our small businesses," Mark Caserta, executive director of the Park Slope Fifth Avenue BID, said. "This is our first time — and we're going to do it and learn. Our aim is to do Dine in Park Slope twice yearly; once in late August and again during the winter lull at the end of February."

To find a list of restaurants taking part in Dine in Park Slope or to have your restaurant participate in the weeklong event, visit [parkslopefifthavenuebid.com](http://parkslopefifthavenuebid.com).

Before enjoying what the first Dine in Park Slope has to offer on Aug. 20, you can still hit up the summer edition of NYC Restaurant Week, which ends Aug. 17 and includes 384 participating establishments.

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### 'STAND YOUR GROUND'

#### Florida man charged in 'stand your ground' shooting

A Florida man was charged with manslaughter on Monday in a fatal shooting during an argument about a parking spot, a case that made headlines when police initially declined to arrest him due to the state's "stand your ground" self-defense law.

The suspect, Michael Drejka of Clearwater, was taken into custody on Monday, the Pinellas

County Sheriff's Office said in a statement.

"We did our own investigation," said Bernie McCabe, the state attorney for Pinellas and Pasco Counties who filed the charges in explaining his decision to prosecute. "I made a decision based on what I determined we would be able to prove in court."

Police had initially declined to charge Drejka, 48, over the July 19 shooting citing a 2005 law. **REUTERS**



# Ask Mount Sinai: The eyes have it



## ASK MOUNT SINAI

### Stay Healthy

You have medical questions? We have answers. Metro is teaming up with the experts at the esteemed Mt. Sinai hospital to provide answers to New Yorkers' most pressing medical concerns. Send us an email at askmtnsinai@metro.us. We'll select one question and publish an answer every other week.

The eyes are the windows to the soul — and if they're not properly cared for, those windows can get scratched, blurry or broken. We talked to two experts from the New York Eye and Ear Infirmary of Mount Sinai, Dr. Sumayya Ahmad, a cornea surgeon, and Dr. Erin Walsh, co-director of pediatric ophthalmology, about how best to protect our peepers.

#### How often should adults have their eyes examined?

**Dr. Ahmad:** Most adults over age 21 should have their eyes examined every year. If there is a family history of glaucoma or other eye diseases, or if they have diabetes, then a yearly exam is a definite must.

#### When should children start having their eyes examined?

**Dr. Walsh:** The American Association for Pediatric Ophthalmology and Strabismus recommends that children over 5 years old who cannot see at least 20/32 with either eye should be referred for an eye exam. Most children are screened in school with a vision assessment, and if they fail, they can see an eye doctor. ... If you feel that the eyes are not

moving properly or the child is not seeing well, then they should absolutely take the initiative to make an appointment with a pediatric ophthalmologist.

#### What are the most common eye issues you deal with? How can they be prevented, and how are they treated?

**Dr. Ahmad:** I treat adults, so the most common things I see are glaucoma, cataracts, dry eye and diabetic retinopathy. Damage from glaucoma can be prevented by an annual eye exam with a trained ophthalmologist, who examines the optic nerve and checks the intraocular pressure. Although glaucoma can cause permanent damage to the eye, a good majority of patients can be treated with drops or laser therapy. Cataracts are usually related to aging but can also be caused by diabetes. Although a cataract requires surgery, the majority of patients who get cataract surgery are very happy and often wish they had it done sooner. I don't really consider cataracts a disease, since it is easily correctable with a 10-minute procedure.

Dry eye can often be treated with over-the-counter preservative-free artificial tears, warm compresses and eyelid hygiene. When people are focused on something like reading a book, looking on their phone or computer, or reading, they tend to blink less. This results in evaporation of the tear film and dry eyes. However, there are several types of dry eye, and I suggest seeing an ophthalmologist to find out the type that you may have. Over-the-counter treatment is usually sufficient, but some people need stronger interventions.

**Dr. Walsh:** Typical eye injuries in children are most commonly corneal abrasions, or scratches on the surface of the eye. These are very painful and should be treated with antibiotics to prevent vision-threatening corneal infections. Other

common injuries include those to the bones around the eye, called the orbital bones. Fractures here should be watched closely to evaluate the need for surgical repair. **SHEILA DOUGHERTY**



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## Boxers vs. briefs? Harvard study says, yes, underwear affects your sperm count

Researchers at the Harvard T.H. Chan School of Public Health looked into the age-old question of boxers vs. briefs.



KRISTIN TOUSSAINT  
kristin.toussaint@metro.us



PIXABAY

School of Public Health looking into boxers versus briefs and sperm count.

Science finally has an answer to the boxers versus briefs debate, thanks to a study out of Harvard University's school of public health—and Elaine Benes was right all along.

In "Seinfeld" Episode 90, Elaine tells Kramer that if he ever wants to have kids he shouldn't wear briefs. "Boxers are much better for your sperm count," she says.

Now Harvard researchers have approved that claim, as well as unearthed some other info, thanks to a study at the T.H. Chan

In a study published this week, the researchers found that men who most frequently wore boxers had "significantly higher sperm concentrations," as well as higher total sperm counts, compared with men who preferred briefs.

That means that a man's choice in (restrictive) underwear may inhibit his sperm production, researchers said.

"Whether underwear choice affects sperm production has been a topic of research for several years," Lidia Mínguez-Alarcón, research scientist at the school of public health

and lead author on the paper, told Metro.

While that was part of the inspiration for the study, Mínguez-Alarcón said that they wanted to look into if boxers versus briefs affected other markers of testicular function as well, like reproductive hormones and outcomes of DNA fragmentation. Sperm DNA fragmentation, when DNA strands break or separate, is significantly higher in infertile men.

In terms of reproductive hormones, the study looked at FSH levels, or "follicle stimulating hormones," a hormone released by the brain. Without normal FSH levels in men, experts say, it may be impossible to create normal sperm, leading to infertility.

So how does the boxers versus briefs debate play into these more scientific questions?

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Boxers vs. briefs, which should you choose? Depends on if you want to be a dad. **PIKABAY**

"We found that men who wear tighter underwear have lower sperm counts, which was consistent with previous literature, but we were very surprised with the findings of higher FSH levels among this group of men," said Mínguez-Alarcón. "That hormone [in the brain] is responsible for the sperm production."

This suggests "a potential compensatory mechanism," she noted, in these men's bodies. Basically, when a man wears tighter underwear, his body tries to compensate for that restriction by amping up the production of this hormone to try to produce more sperm.

"The testicles are outside the body because

they have to be a bit cooler than the temperature of the body," Mínguez-Alarcón explained. "Men that wear tighter underwear have altered spermatogenesis based on the scrotal heat."

For the study, researchers collected info and semen samples from 656 men who were at the Fertility Center at Massachusetts General Hospital. These men, who were between 32 and 39 years old, were part of couples that were seeking fertility treatment.

At the clinic, the men answered a survey that included the boxers versus briefs debate. The men were asked about the style of underwear they wore in the previous three

months and could answer "boxers, jockeys, bikini, briefs or other."

Fifty-three percent of the men reported that they usually wear boxers, and these men were associated with 25 percent higher sperm concentrations and 17 percent higher total sperm counts compared with those who did not primarily wear boxers. The biggest difference in sperm concentration was found between the men who wore boxers and the men who wore jockeys and briefs.

Men who wore boxers also had "higher percentages of motile sperm, or sperm that are capable of moving through the female reproductive system and fertilizing an egg," per the study.

"Beyond providing additional evidence that underwear choices may impact fertility, our study provides evidence, for the first time, that a seemingly random lifestyle choice could have profound impacts on hormone production in men at both the level of the testis and the brain," said Jorge Chavarro, senior author of the study.

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# the GRUMBLE



Pat King  
Grumble Editor

## GIVE ME A HEADS-UP!

A common comedic trope in movies and television has people snickering behind someone else's back if that person leaves a bathroom with toilet paper stuck underneath a shoe or he or she walks through the world blissfully ignorant of an unzipped fly. But my question is, who made it the social norm not to alert someone of something embarrassing like that? It's perfectly fine to laugh at someone who sat in gum, but it's a capital offense to let him or her know something is off. Could it be that people are afraid or feel too awkward to engage with a total stranger about something that could be embarrassing? Chances are that person would



be more than appreciative if you said something. Think about it. How mortifying would it be to go into a job interview with BBQ sauce on the side of your mouth? Wouldn't you thank someone for pointing that out? Pay it forward and give a heads-up! I'm sure you would hope for the same.

### READER WRITE-INS:

#### LEARN UMBRELLA ETIQUETTE!

People really need to learn "umbrella etiquette." Tilting your umbrella slightly to the side on a crowded sidewalk is a good thing. I'm tired of doing the "bob and weave" while walking in the rain! And I'd really rather not lose that

eye, I kinda need it to see.

- Gail Rodgers, Metro New York reader

#### SUBWAY NAIL CLIPPING

Currently on the train and there is someone clipping their nails! This is not the first time I have encountered this either. It is displeasing to hear and see nails being clipped, let alone flying through the air; to those who believe the subway is a grooming center — no! Please clip at home or go to a salon, thank you!

- Nic A., Metro New York reader

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- Aries** Think matters through with care. A steady pace and well-planned strategy will help you avoid an unexpected setback. A partnership will bring out the best in you.
- Taurus** Before you make a move, get all your paperwork ready. Don't leave anything to chance if you want to avoid a run-in with officials. Opportunity will knock.
- Gemini** Time spent socializing or networking will pay off. Your charm and playful attitude will attract both personal and professional interest.
- Cancer** Learn more about the people with whom you are doing business. Knowing what you are up against will make getting what you want easier.
- Leo** Keep your distance from anyone who tends to overreact or bullies you into something you don't want to do. Change begins within, so make every move count.
- Virgo** Don't take no for an answer. If you put in the time, the progress you make will prompt others to pitch in. Celebrate your hard work and accomplishment.
- Libra** Be careful with whom you share your thoughts and feelings. Some people will support and assist you, and others will meddle in your affairs.
- Scorpio** Do what's best for you. Don't let anyone take over your affairs or decisions. Own what you do and bring about changes that will encourage personal gains.
- Sagittarius** Put your plans in motion. If you stand up for what you feel is important, you will get the necessary backing to get things up and running. Romance is on the rise.
- Capricorn** A romantic situation or an involvement with a close friend or relative will be difficult. Aim to stabilize your life by making clear changes to the way you live.
- Aquarius** If you look good, you'll feel good. Time spent indulging yourself, exercising, eating right and trying to be the best you can be will lift your spirits. Romance is highlighted.
- Pisces** A professional change or the way you approach your responsibilities will have a big effect. Use your ingenuity to come up with an efficient way to get things done. EUGENIA LAST



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# NYC Doctors Urge Back Pain Sufferers

## Read This Before Having Surgery or Using Opioid Drugs

Modern Treatment stands to free thousands of New York Area pain sufferers from reduced mobility, stress and poor quality of life. Treatment may help avoid surgery or overuse of dangerous medication

**NEW YORK CITY** - If you are interested in relieving back pain or neck pain, getting back to basic daily activities without discomfort and having more energy, than this this will be the most exciting message you ever read.

### Here is why:

There is a medical clinic in New York City called **NYC Pain MD**. Actually two of them... in different parts of the city. I'm not sure... but if I'm right... you may want to call them after reading this. If so, their phone number 877-278-8980.

### Here's What This Is All About

The doctors at **NYC Pain MD** have made a discovery of sorts. It's not a discovery as in they invented something brand new. It's a discovery about when and how they apply certain back pain treatments... that they have fine tuned... and perfected to get better results than they ever thought possible.

Countless patients are living proof. **And check this out:** What NYC Pain MD doc's actually use is called an "algorithm"... a special step-by-step formula starting with proper evaluation so you make sure to leap frog or bypass treatments that won't work... and find the ones that will work best for you in a little time as possible. Less trial and failure means better quicker results for the pain sufferer.

Now, you may have even heard about many these treatments. **But here's one I bet you may have never heard of... that might help you... and it's not an "epidural".**

This treatment is called:

"Radiofrequency Neurotomy." RF for short. RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

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Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going

to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

### NOT just the Treatment alone that is the key ingredient

You see, the real secret is the *formula*. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is... It's FREE

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. **NYC Pain MD** offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

### But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you can understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at **NYC Pain MD**.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. **NYC Pain MD** doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While **NYC Pain MD** cannot help everyone... so many have gotten the pain relief they were looking for.



**New Techniques May Replace Medications Or Even Surgery: Innovative treatment is now available at NYC Pain MD. Many are seeing dramatic relief for the first time.**

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, **NYC Pain MD** programs can be made affordable to everyone

They do not want insurance issues... or *not* being rich or famous... to keep you away if you are suffering in pain.

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So...if you are even remotely interested ... take the a first step and give them a call at 877-278-8980 and ask for your free screening.

### How To Schedule Your Risk-Free No-Obligation Screening Evaluation

When you call, tell the scheduling experts you are calling for the special "No Obligation Back Pain Screening Program". They will know exactly what you need to do and will find the next available and convenient spot in our in our schedule. So again, just call 877-278-8980. The lines get very busy so if you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is 877-278-8980.



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# How did New York grow so tall?

See how our city transformed into a supertall urban jungle at the Skyscraper Museum's new exhibit, "Skyline."



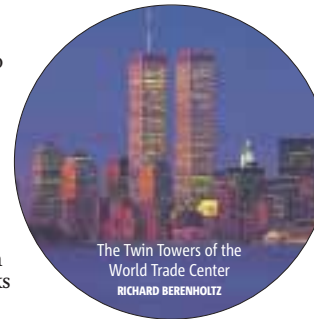
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When you first come to New York, it's difficult to keep your eyes from drifting up, up and up — all the way to the spires of some of the world's tallest buildings. That New York City's skyscrapers only started rising up within the last 150 years speaks to the thirst for urban-jungle life, and Lower Manhattan's Skyscraper Museum has chronicled it all in its new exhibition, "Skyline."

The new exhibit traces the beginnings of New York City's urban history that would see it become the world's first skyscraper city through archival photographs, architectural models, magazines, movies, souvenirs and illustrations. Among the stunning images are the

started its building boom, the less-than-glorious story of the Empire State Building, which was finished at the start of the Great Depression, and how the Twin Towers of the World Trade Center turned from a symbol of endless optimism into a moment of doubt for the future of tall buildings. Don't miss the museum's website, [skyscraper.org](http://skyscraper.org), where you can change the skyline from decade to decade with a slide of your mouse.

Here are just three fascinating highlights from the exhibit:



The Twin Towers of the  
World Trade Center  
RICHARD BERENHOLTZ

wild stories of how New York became a towering metropolis: the lax regulations that jump-

## The dizzying early growth of New York

New Yorkers complain about the city being crowded now, but imagine it much smaller, Brooklyn still little more than a shipping depot. In

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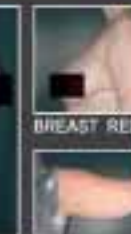
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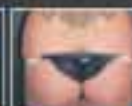
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The beginnings of the Brooklyn Bridge tower over an otherwise mostly modest New York skyline in 1876.  
JOSHUA BEAL, NEW YORK PUBLIC LIBRARY

1880, the city's population stood at 1.2 million; just 20 years later, at the turn of the 20th century, it had nearly tripled to 3.4 million. Business was growing too, with demand and money sending towers into the sky, especially in Lower Manhattan, the hub of international trade. This is what started the upward growth spurt of the city — what made it happen so quickly was the lack of zoning laws governing the dimensions of commercial buildings. The first such laws wouldn't arrive until 1916.

### The wonder of the Twin Towers

One of the centerpieces of the exhibit is a scale model of the World Trade Center towers, courtesy of the Port Authority of New York and New Jersey. When they were completed in the early 1970s, the Twin Towers were the tallest (110 stories at 1,368 and 1,361 feet) and largest skyscrapers in the world. Their floors were an acre wide, with more square footage than the taller Sears Tower in Chicago. No skyscraper has matched their scale since.

### The end of skyscrapers?

Many thought that after the Sept. 11, 2001, terrorist attacks that brought down the Financial District's World Trade Center towers, the era of supertall buildings was over. While the decision was made not to rebuild them, next to the memorial site rose the even taller One World Trade, with a cluster of smaller towers around it. In all, 13 new supertall structures have either been proposed or are under construction in the city.

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# Thomas Q. Jones rushing his way to Hollywood stardom

The former Jets running back broke through this season in Netflix's "Luke Cage" and now hopes for equal success as his MMA thriller "A Violent Man" takes off. **JEFF TOMKO**

Thomas Q. Jones. GETTY IMAGES



## Fibroid Pain? **UFE** - Not Hysterectomy

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Thomas Q. Jones will forever carry an All-Pro NFL resume with him, even as he now walks from Hollywood audition to audition like a rookie hoping to land a roster spot.

Even with a rushing title, Pro Bowl appearance and earnings of more than \$32 million during his storied 12-year NFL career, the 39-year-old still opts to go without a car in Los Angeles. Using his feet are what drives the former Jets running back toward Hollywood success, just like his NFL days.

"If ain't broke, don't fix it," Jones says. "I'm pretty comfortable with this living situation because it's motivating me to keep going hard."

Following his breakout role as bad-guy gangster Comanche in Netflix's smash hit "Luke Cage," Jones hopes to carry his acting momentum to the big screen as his feature MMA thriller, "A Violent Man," was featured at the Kew Gardens Festival of Cinema.

"I was honored and humbled to have 'A Violent Man' headline the festival," Jones says.

Jones plays Ty Matthews, a journeyman MMA fighter who gets a chance at the title against unbeatable champion Marco Reign (played by UFC legend Chuck Liddell). At the same time, Ty's accused of murder after an MMA reporter (Denise Richards) is found dead. It's Jones' first starring role.

"I've planted a lot of seeds and have been watering them over the past few years," says Jones, who's also CEO of casting app Castar. "Now some of the plants are starting to poke their heads out of the ground."

As Comanche, Jones

describes his character as "conflicted" and having a hard time adjusting to life after spending time in prison. "He's trying to make it on the streets. He's been friends with Shades [played by Theo Rossi] since they were kids and is trying to follow him, even though Shades is trying to go straight. Comanche's just trying to find his place."

Despite his own massive football frame, Jones looks small when facing Luke Cage himself, Mike Colter, who's 6-foot-3 and looks linebacker ready. "I'd say he's more like [former Giants linebackers] Brandon Short or even LaVar Arrington," Jones says. "Tall and rangy with long arms."

Jones, just one of only 31 NFL running backs to rush for more than 10,000 career yards, spent three seasons with the Jets, capturing the AFC rushing title in 2008. But with his acting career flourishing, Jones admits there's become a detachment from the game, although he'll still tune in to watch his Virginia Cavaliers play on Saturdays or even check out old games on ESPN Classic. "[Football's] kind of like being in a relationship," he explains. "You love the person but you know you can't be together."

Despite the different physical demands between acting and football, both performance arts have similar traits: dedication and preparation. "Those who stay ready don't have to get ready," Jones says. "It's kind of like a guy who didn't watch game film all week and gets in on Sunday and thinks he's gonna make plays. It doesn't work like that."

**"Those  
who stay  
ready don't  
have to get  
ready."**



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Here are three predictions on the season win totals offered by oddsmakers on every NFL team. Keep in mind that these lines are usually set optimistically, resulting in good opportunities on under wagers, especially if you can get better than even-money odds.

## CARDINALS UNDER 5.5 WINS (+145)

Someone has to be last in the NFC West, and it looks like Arizona will fill that role in 2018. Bruce Arians was the glue holding the Cardinals together; now rookie head coach Steve Wilks (hired off just one year as a defensive coordinator in Carolina) will have to work with a depleted defense that saw Karlos Dansby, Justin Bethel, and Tyrann Mathieu jump ship in



Kirk Cousins has the Vikings pointing in the right direction. GETTY IMAGES

the offseason.

Josh Rosen could be an offensive centerpiece for years to come, but he's not surrounded by many weapons outside of David Johnson, fresh off a season-killing wrist injury, and the aged Larry Fitzgerald. The Rams and 49ers will be tough divisional matchups for Arizona, who also have a brutal road schedule with dates against the Vikings, Chiefs, Chargers, Packers and Falcons.

Place this bet now while the odds are still generous.

## VIKINGS OVER 10 WINS (-125)

The Vikings addressed their most glaring need in a huge way when they inked Kirk Cousins to a three-year, \$84 million contract this offseason. He'll be throwing to the recently-extended Stefon Diggs and Adam Thielen, and he'll have a full season (hopefully)

from promising halfback Dalvin Cook.

The league's number-one defense from a year ago got stronger as they acquired in-the-trenches stalwart Sheldon Richardson in the offseason.

Ten wins seems like a pessimistic projection despite the degree of difficulty the NFC presents; the Vikings won 13 last year and got better in the offseason. As long as they can manage the land mines in the NFC North

they should be an 11-win team or better.

## GIANTS UNDER 7 WINS (+120)

The Giants had a chance to draft a successor to Eli Manning, and a good one at that, but they let Sam Darnold go to the hometown rival Jets. Instead, they re-committed to the 37-year-old Manning and drafted Saquon Barkley to carry the ball out of the backfield. Even if Barkley is a generational

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talent, he can only do so much behind an offensive line that saw Justin Pugh and Weston Richburg leave town. Nate Solder was brought in to fill the void, but he's just one player in lieu of two.

The Giants defense continues to be a liability as well, and their division is a tough one with the Eagles, last year's Super Bowl champs, and the Cowboys as potential double-digit game winners. Don't expect New York to sniff seven wins this season as they face the eighth-toughest schedule by win percentage (.520) in the entire league.

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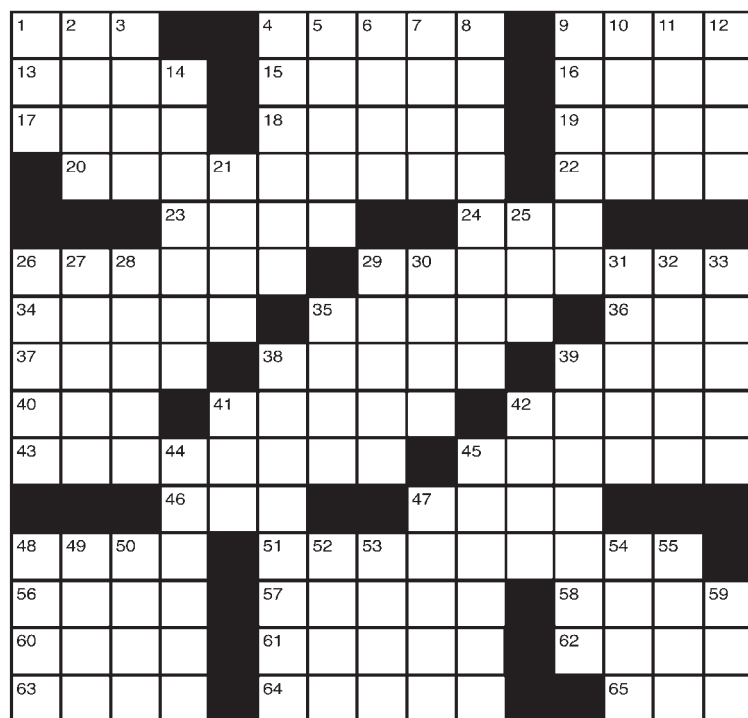
## ACROSS

- 1 Get \_\_\_ of; shed  
4 Drescher and Tarkenton  
9 Joke around  
13 Head covering  
15 New Delhi dollar  
16 Sore  
17 \_\_\_ more; again  
18 Perfect  
19 Goatee's place  
20 "Beat it!"  
22 \_\_\_ wolf; solitary  
23 Entomb  
24 Weep  
26 Clothing protectors  
29 Plant scientist  
34 Bird bills  
35 Refuge  
36 Singing couple  
37 Annoys  
38 Uninterested  
39 Italian auto  
40 John \_\_\_; unknown man  
41 Refueling ship  
42 \_\_\_ a point; show that you're right  
43 Imperil

- 45 Smiled broadly  
46 Pasture cry  
47 Actress \_\_\_-Na Wen  
48 \_\_\_ market; swap meet  
51 Suer  
56 Angora or ibex  
57 Sixteen ounces  
58 Actor Jack  
60 Give a job to  
61 Cyclist Armstrong  
62 Observed  
63 Traveler's stops  
64 "\_\_\_ the Dragon"; Bruce Lee film  
65 Golf ball holder

## DOWN

- 1 Sorority letter  
2 McKellen and McShane  
3 Richard's nickname  
4 Monastery residents  
5 Not at all pale  
6 Mimicked  
7 Actress Patricia  
8 Chose  
9 Actress Smith  
10 Resound  
11 Part of the lower leg  
12 Tim Daly's sister  
14 Athletic shoes  
21 Final bills  
25 Hightailed it  
26 Can't \_\_\_; finds intolerable  
27 Juan or Evita  
28 Gathered leaves  
29 Less adorned  
30 Finished; done  
31 Common phrase  
32 Debonair  
33 Carried  
35 Cavity  
38 New York City  
39 Brittle; easily broken  
41 "Put \_\_\_ Happy Face"  
42 \_\_\_-up; confined  
44 Lessens  
45 Student's paper holder  
47 Chop finely  
48 File drawer, perhaps  
49 Cut of pork  
50 Make money  
52 Money borrowed  
53 Family tree member  
54 Racer A.J.  
55 Untethered  
59 Presidential monogram

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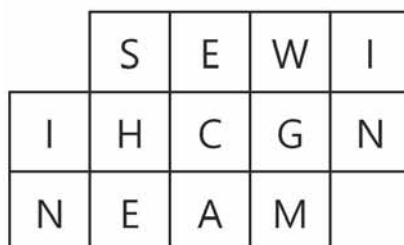
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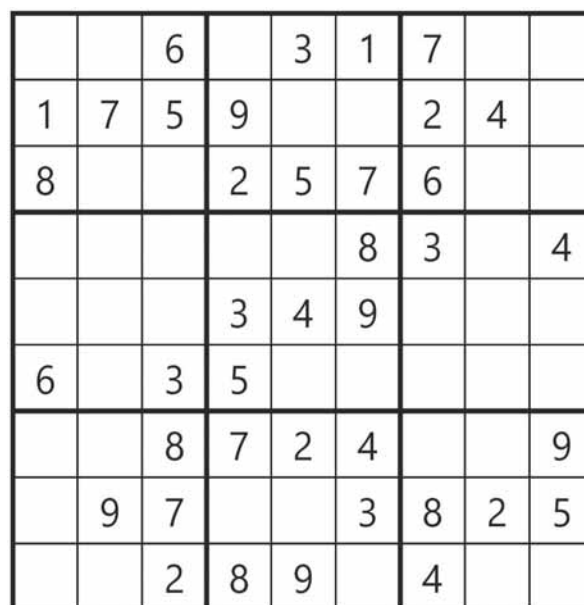
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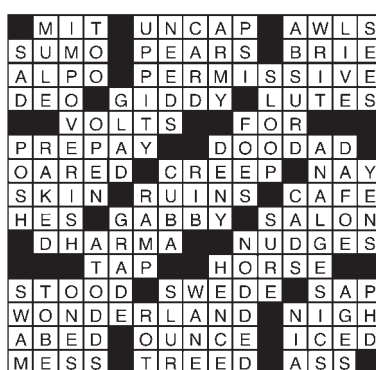


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